

CLAWS

Competitiveness: We will strive to be the best we can be and to compete at the highest level possible.

Leadership: Know right from wrong and do the right thing! If you think something is wrong, it probably is!

Accountability: You are responsible for your actions.

Work Ethic: Successful people do what it takes to get the job done. Hard work, perseverance, dedication, commitment.

Sportsmanship: Compete with intensity and a desire to win, but do so with a first-class attitude. They are our opponents, not our enemies. Treat them as you want to be treated!



Do you want to play football for Century Community Football?

Youth Sign-up Dates (All at CHS football field):

Monday, August 8th, 3-5:00pm

Tuesday, August 9th, 3-4:00pm

Saturday, August 27th, *Jagmania!*

Cost for participation in our youth football program:

Grades 3-4: \$160

Grades 5-6: \$160

Grades 7-8: \$200

All athletes will be given 5 \$20 coaches cards to help offset their cost (families will keep this money, up to \$100!!!). Or, visit our website!

www.centuryyouthfootball.com

CENTURY COMMUNITY FOOTBALL

\$45 before August 1st.

\$50 After August 1st.

Make Checks Payable to Century Football

2000 SE Century Blvd.

Hillsboro, Oregon 97123.

All proceeds go to support Century Football!

CENTURY HIGH SCHOOL
AND
CENTURY COMMUNITY
FOOTBALL
PRESENT:

CHS YOUTH SPIRIT CAMP 2011!



August 8th—12th
3:00-5pm

CHS Football Field

Grades 3 - 6.

CENTURY COMMUNITY FOOTBALL SPIRIT CAMP '11!

Welcome to the 2011 football season!
Once again **CHS Football** looks forward to working with **CCF** to make your son's football experience the best possible! We are very happy to offer you this affordable camp and are eager for the upcoming season to begin!

This camp will focus on the fundamentals of the game of football as taught by the coaches and athletes of Century High School. Proper blocking and tackling will be emphasized, as well as learning the "Century Youth System".

Athletes will need to wear the shirt provided with admission to practice each day.



TYPICAL DAILY SCHEDULE

PLEASE PRINT!

**Team Warm Up:
Stretch and Form Running** **15 minutes**

Form Tackling **10 minutes**

**Individual Work by Position
(Offense or Defense)
RB/QB/RC/OL
DL/ILB/DB** **15 minutes**

Water **5 minutes**

Group Work **15 minutes**

**Emphasis of the day:
(offensive play or defensive
scheme).** **15 minutes**

**Closing Activity
(Team Building)** **15 minutes**

Last Name: _____

First Name: _____

Address: _____

Zip: _____

Phone: _____ - _____

Email: _____@_____

Health Care _____

Provider: _____

Cost: \$45 Before August 1st!

Cost: \$50 After August 1st!

Send to: 2000 SE Century Blvd.

Attn: Football. Hillsboro, OR 97123

I understand that football is a sport and injuries are common to sports. I hereby authorize the staff of Century Football to act accordingly in their judgment in any emergency requiring medical attention. I hereby waive and release the camp from any liability for any injury or illness that occurs while my child is at this camp. I also certify that he is covered by health and has accident insurance.

Parent : _____